

Getting to know myCIGNA

Nothing is more important than your good health. That's why there's **www.myCIGNA.com** – your online home for assessment tools, plan management, medical updates and much more.

Register on myCIGNA.com

Step 1

Enter **www.myCIGNA.com** in the web address line on your browser.

Step 2

Click on the **Register** button.

myCIGNA

LOGIN

User ID

Password

[Forgot your User ID?](#)

[Forgot your password?](#)

[Log in help](#)

Who can register for myCIGNA?

- CIGNA plan subscribers (the person insured, either direct or through his/her employer).
- Dependents of CIGNA plan subscribers that are covered by CIGNA mail-order pharmacy. Access to pharmacy information plus health resources and tools will be provided.
- Members of CIGNA Medicare Access and CIGNA Medicare RxSM. Access to discounts from Healthy RewardsSM and health information will be provided.

[Register](#)

Welcome to myCIGNA.com

DREAM Well

Looking for another CIGNA website?

- [CIGNA.com](#)
- [CIGNAforMCP.com](#) for health care professionals
- [CIGNAaccess.com](#) for employers and plan sponsors
- [myCIGNAforhealth.com](#) for individuals enrolled in Great-West health care plans
- [CIGNAMedicareAccess.com](#) for CIGNA Medicare Access plans

myCIGNA Capabilities

myCIGNA helps consumers manage health care benefits and provides access to WebMD's suite of health information and decision support tools.

[View myCIGNA business hours](#)

[Take a tour of myCIGNA](#)

To register for your plan information, please provide the following information.

Note: Subscribers will get access to all applicable information. Dependents who are covered by a mail order pharmacy plan can register for access to their own pharmacy information. To protect your privacy, subscribers and dependents should register themselves and not allow others to perform the registration process on your behalf.

By proceeding with registration you represent and acknowledge either that you are the CIGNA customer, and that you are over the age of 13, or that you are the authorized representative, parent, or legal guardian of the CIGNA customer, whose personal information will be accessible through this website.

If you have already registered on the MyCareAbles.com site, you do not need to re-register on myCIGNA.com. Please use that user ID and password to log into myCIGNA.com.

* Indicates required field.

* First Name:

* Last Name:

* Relationship to Subscriber: [Help me select](#)

* Date of Birth: (mm/dd/yyyy)

* Home ZIP Code:

* Your CIGNA ID:

Note: you will create a new unique myCIGNA ID on the next page; the CIGNA ID you need to enter here is the ID number found on your identification card. Please input the entire number. I don't have a CIGNA ID card.

OR

* Temporary ID: Note: only enter here if you've received a letter from us with a temporary ID and password.

* Temporary Password:

[Register](#)

Step 3

Enter the required identification information, as noted with the asterisk. Your **Member ID number** is printed on your ID card.

Step 4

Click on **Register**. Upon entering personal information a **Confirmation Page** should then appear. Click "**Accept**" if all information is accurate.



Step 5
Complete your
**Demographic and
Security Information**
data. Click **"Continue"**.

Enter Demographic and Security Information

* Indicates required field.

* First Name:

* Last Name:

Email Address: (Example: johndoe@company.com)

Email is the most efficient way to notify you of changes to your access rights to myCIGNA and personal account information.

Email Preferences: ☒ Periodic emails from CIGNA HealthCare about plan information, services, and tools on myCIGNA
☐ Health and Wellness emails from WebMD®


The following information helps us to safeguard the privacy of your personal information.*

* City of Birth:


* Choose an identifying question:

* Enter the answer to your question:

Create an answer using 4-32 characters.

* Create a permanent user ID: 

Create a user ID using 4-32 characters. Be sure to include at least one letter. Do not use symbols. To protect your privacy, do not include your member ID or Social Security number in your user ID.

* Create a new password: 

Create a new password using 5 - 12 characters. Be sure to include at least one letter and one number. Please click on the "Help" icon for more details. (Example: cats9dogs5)

* Re-enter new password:

Be sure to keep your user ID and password in a safe place for future visits to myCIGNA.
 *Read more about our privacy policy.

Step 6
A **Confirmation Page**
should then appear. Click
"Accept" if all information
is accurate.

Confirmation

Please review the information you've provided. If the entries are correct, click "Accept". If not, choose the "Back" button to edit the information on previous page.

First Name: John

Last Name: Doe

Email Address: email@address.com

Email Preferences: ☒ Periodic emails from CIGNA HealthCare about plan information, services, and tools

City of Birth: place

Identifying question: question

Answer to ID question: answer

Permanent user ID: userID

**You are now ready to log-in to your personal myCIGNA site.
Here's to your good health!**

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